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FITNESS WATCH

FITNESS WATCH

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Calorie Tracking Fitness Watch

INTRODUCTION

Congratulations on your purchase of a Sportline Personal Fitness Monitor. Please keep in mind; your watch is a sensitive technical instrument. With proper care and maintenance, it will last for many years. However, improper care and handling can cause the various sensors to be damaged and to stop functioning.

Please read all sections of this manual carefully and become fully familiar with the operation of the watch before using it in the field.

HOW TO USE THIS MANUAL

Sportline Personal Fitness Monitors have many unique features and functions. Please read all sections of this manual carefully and become fully familiar with the operation of the watch before using it in the field.

Proper setup and operation will greatly enhance the watches usefulness and your enjoyment.

The manual is divided into sections outlining each of the major functions of the watch. A drawing of the watch screen that represents the starting point or other important screens for each operational process are shown adjacent to the instructions for the process; important keys are shown indicating **PRESS & HOLD** and **PRESS**.

The steps for the programming or operation are adjacent to the screen illustration. Key points and important information are shown in highlighted blocks.

WARNINGS & CAUTIONS

WARNING: Before starting any exercise program or performing any vigorous physical activity, we strongly suggest you visit your doctor for a complete physical and to discuss your plans.

AVOID exposing the Watch to extreme conditions.

AVOID rough uses or severe impacts to the Watch.

CLEAN the Watch occasionally with a soft, dry cloth.

STORE the Watch in a dry place when it is not in use for a long time.

CARE & MAINTENANCE

- NEVER attempt to disassemble or service your unit.
- DO NOT expose the unit to extreme heat, shocks, magnetic fields, electrical noise, strong vibration or long-term exposure to direct sunlight.
- DO NOT drop or step on the watch.
- TO CLEAN THE UNIT: wipe with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose the unit to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol or insect repellents, as they may damage the unit's seal, case and/or finish.
- STORE the unit in a dry place when you are not using it.

CUSTOMER SUPPORT

If you have questions, comments or need assistance with your Sportline Calorie Tracking Fitness Watch, you may contact Customer Support by calling 1-800-338-6337.

WATCH FUNCTIONS

TIME

- Time/Day/Date/Month
- Dual Time Zone
- 12- or 24-hour format
- 2 Daily Alarms

CHRONOGRAPH

- 1/100 Second Resolution
- 99 hours, 59 minutes, 59.99 seconds
- Split/Time display

CALORIES

- Weight setting: 44 to 440 lbs (20 to 200 kg)
- 1-second Exercise Timer resolution
- Calorie tracking range: 0-9999

TIMER

- 1-second resolution
- Range: 99 hours, 59 minutes, 59.99 seconds
- Audible alarm

OTHER

- Audible Pacer
- EL Backlight System

Calorie Tracking Fitness Watch

KEYS AND THEIR FUNCTIONS



KEYS AND THEIR FUNCTIONS

MODE KEY

- Scroll through operating modes
- **PRESS & HOLD:** Enter/Exit the programming sequence
- Set values being adjusted in programming sequence

START/STOP KEY (ST/STP)

- Turn alarm ON or OFF in Alarm mode
- Start/Stop Countdown Timer
- Start/Stop Chronograph
- Turn audible alarm On or OFF in Pacer mode
- Increase setting values being adjusted in programming sequence
- Start/Stop Exercise Timer in Calorie mode

SPLIT/RESET KEY (S/R)

- View a Split in Chronograph mode
- **PRESS & HOLD:** Reset Chronograph or Countdown Timer
- Scroll through Menu in Setting Sequence
- Decrease setting values being adjusted in programming sequence
- Increase rate in Pace mode
- Access Calorie mode from Time of Day
- **PRESS & HOLD:** Reset Calorie reading and Exercise Timer in Calorie mode

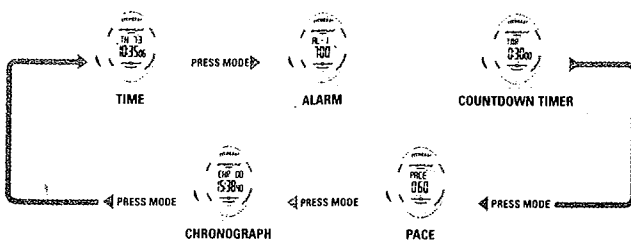
LIGHT KEY

- Activates (EL) backlight system

Calorie Tracking Fitness Watch

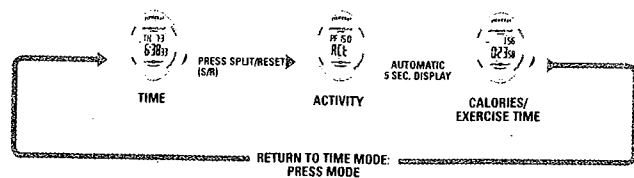
MAIN OPERATING MODES

The Sportline Calorie Tracking Fitness Watch has 6 main operating modes: Time, Calorie, Daily Alarm, Countdown Timer, Pace and Chronograph. Scroll through modes by **PRESSING** the **MODE** key. You may access Calorie mode by **PRESSING** the **SPLIT/RESET** key in Time of Day mode (see following page).



MAIN OPERATING MODES

The Sportline Calorie Tracking Fitness Watch has an advanced Calorie Tracking mode. **PRESS** the **SPLIT/RESET (S/R)** key in Time of Day mode to access Calorie mode. Return to Time mode by **PRESSING** the **MODE** key.



Calorie Tracking Fitness Watch

SETTING THE WATCH FUNCTIONS

SETTING USER PROFILE*

The Sportline Calorie Tracking Fitness Watch tracks calories burned during exercise based on the user's weight and level of activity. **IMPORTANT: To accurately estimate calories burned, the User Profile must be set according to the user's weight and level of activity.** The watch is preprogrammed with 8 activity levels and also allows the user to manually program 3 personalized activity levels. To set User Profile:

- To access Calorie mode, **PRESS** the **SPLIT/RESET (S/R)** key in Time mode.
- In Calorie mode, **PRESS & HOLD** the **MODE** key to enter the programming sequence.
- Select Alert ON or OFF by **PRESSING** the **STOP/START (ST/STP)** or **SPLIT/RESET (S/R)** key. Set Alert by **PRESSING** the **MODE** key.

NOTE: Alert is an audible signal that sounds when the watch does not detect any movement for 30 seconds.

SETTING ACTIVITY LEVEL USING PRESETS

The watch is equipped with 8 pre-programmed Activity Levels (see chart on following page). To set Activity Level using presets:

- Select Activity Level (from chart on following page) by **PRESSING** the **ST/STP** or **S/R** key.
- Set Activity Level and advance to set Weight by **PRESSING** the **MODE** key.



PRESS & HOLD MODE



ADJUST: ST/STP or S/R



SET: PRESS MODE

SETTING THE WATCH FUNCTIONS

Symbol	Activity	Rate
WS	Walk slow	2.5
WM	Walk at moderate pace	3.3
WF	Walk fast	5.8
JS	Jog slow	7.0
JM	Jog at moderate pace	8.0

Symbol	Activity	Rate
RS	Run slow	9.0
RM	Run at moderate pace	11.5
RF	Run fast	15
A1 - 3	User-defined activity	manually set

SETTING ACTIVITY LEVEL MANUALLY

The Sportline Calorie Tracking Fitness Watch also allows you to program 3 personalized Activity Levels. When setting the Activity Rate (from 1-25) use the chart above for reference of intensity of exercises and set the rate accordingly.

- Select Activity 1, 2 or 3 (A1, A2 or A3) by **PRESSING** the **ST/STP** or **S/R** key. **PRESS** the **MODE** key to advance to set Activity Rate.
- Adjust Activity Rate by **PRESSING** the **ST/STP** or **S/R** key. **PRESS** the **MODE** key to advance to set Weight.

SETTING WEIGHT

- Select Units of measure (lbs or kg) by **PRESSING** the **ST/STP** or **S/R** key. Set Units and advance to set Weight by **PRESSING** the **MODE** key.
- Adjust weight by **PRESSING** the **ST/STP** or **S/R** key. **PRESS & HOLD** the **MODE** key to exit the programming sequence and return to operating mode.

***NOTE:** This setting must be programmed for the watch to accurately estimate Calories Burned

Calorie Tracking Fitness Watch

SETTING THE WATCH FUNCTIONS

SETTING TIME & DATE

- In Time mode, **PRESS & HOLD** the **MODE** key to enter the programming sequence. The variable being adjusted will flash on and off.
- Reset Seconds to zero (00) by **PRESSING** the **START/STOP (ST/STP)** or **SPLIT/RESET (S/R)** key. Advance to Set Minutes by Pressing the Mode key.
- Adjust Minutes by **PRESSING** **START/STOP** (to increase) or **SPLIT/RESET** (to decrease). Set Minutes and advance to Set Hour by **PRESSING** the **MODE** key.
- Adjust Hour by **PRESSING** **ST/STP** or **S/R**. Set Hour and advance to Set Year by **PRESSING** the **MODE** key.
- Adjust Year by **PRESSING** **ST/STP** or **S/R**. Set Year by **PRESSING** the **MODE** key.
- Adjust Month by **PRESSING** **ST/STP** or **S/R**. Set Month by **PRESSING** the **MODE** key.
- Adjust Day by **PRESSING** **ST/STP** or **S/R**. Set Day by **PRESSING** the **MODE** key.
- Adjust Date Display by selecting Month - Day (M-D) or Day - Month (D-M) by **PRESSING** **ST/STP** or **S/R**. Advance to Set 12/24-hour format by **PRESSING** the **MODE** key.
- Adjust 12/24-hour format by **PRESSING** **ST/STP** or **S/R**. Set format and advance to Set Key Beep by **PRESSING** the **MODE** key.
- Turn Key Beep ON or OFF by **PRESSING** **ST/STP** or **S/R**.
- PRESS & HOLD** **MODE** key to return to the return to Time mode.



PRESS & HOLD MODE



ADJUST: ST/STP or S/R



SET: MODE

SETTING THE WATCH FUNCTIONS

SETTING DAILY ALARM

The Sportline Calorie Tracking Fitness Watch is equipped with 2 Daily Alarms that may be turned on or off independently. To set Daily Alarms:

- In Alarm mode, select Alarm 1 or Alarm 2 by **PRESSING** the **SPLIT/RESET (S/R)** key.
- To adjust Alarm, **PRESS & HOLD** the **MODE** key. Hour field will flash.
- Adjust Hour by **PRESSING** the **START/STOP (ST/STP)** or **SPLIT/RESET (S/R)** key. Set Hour and advance to set Minutes by **PRESSING** the **MODE** key.
- Adjust Minutes by **PRESSING** the **ST/STP** or **S/R** key. Set Minutes by **PRESSING** the **MODE** key.
- PRESS & HOLD** the **MODE** key to exit the Programming Sequence.
- Turn Alarm ON or OFF by **PRESSING** the **ST/STP** or **S/R** key. Alarm icon will display when alarm is activated.



PRESS & HOLD MODE



ADJUST: ST/STP or S/R



TURN ON OR OFF: ST/STP or S/R

Calorie Tracking Fitness Watch

SETTING THE WATCH FUNCTIONS

SETTING THE COUNTDOWN TIMER

The Sportline Calorie Tracking Fitness Watch is equipped with a 100-hour Countdown Timer with 1-second resolution. To set Countdown Timer:

- In Timer (TMR) mode, **PRESS & HOLD** the **MODE** key. Hour field will flash.
- Adjust Hour by **PRESSING** the **START/STOP (ST/STP)** or **SPLIT/RESET (S/R)** key. Set Hour and advance to set Minutes by **PRESSING** the **MODE** key.
- Adjust Minutes by **PRESSING** the **ST/STP** or **S/R** key. Set Minutes by **PRESSING** the **MODE** key.
- Adjust Seconds by **PRESSING** the **ST/STP** or **S/R** key. Set Seconds by **PRESSING** the **MODE** key.
- PRESS & HOLD** the **MODE** key to exit the Programming Sequence.
- To **START** or **STOP** the Countdown Timer, **PRESS** the **ST/STP** key.
- To **RESET** the Countdown Timer, **PRESS** the **SPLIT/RESET** key.



PRESS & HOLD MODE



ADJUST: ST/STP or S/R



STOP/START: ST/STP
RESET: S/R

SETTING THE WATCH FUNCTIONS

SETTING THE PACE ALERT

The Sportline Calorie Tracking Fitness Watch is equipped with an audible Pace Alarm with a programmable range of 30 to 170 beeps per minute. To set Pace Alarm:

- In PACE mode, adjust Pace alert (increasing only) by **PRESSING** the **SPLIT/RESET (S/R)** key.
- Turn audible alert ON or OFF by **PRESSING** the **START/STOP (ST/STP)** key.

NOTE: from 30-100, the rate is adjusted in denominations of 5. From 100-170, the rate is adjusted in denominations of 10.



ADJUST: S/R



TURN ON/OFF: ST/STP

Calorie Tracking Fitness Watch

TRACKING CALORIES BURNED

The Sportline Calorie Tracking Fitness Watch tracks calories burned through the following variables: Activity Level, User Weight and Exercise Time. **IMPORTANT:** To accurately estimate calories burned, The User Profile must be set according to the user's weight and level of activity (see pages 9-10 "Setting User Profile").

- In Time mode, PRESS the SPLIT/RESET (S/R) key to access Calories mode.
- Activity Level will display for 5 seconds then automatically switch to Calories display. Calories burned are displayed in the upper line of the display. Exercise time is displayed in the lower display line.
- START or STOP Exercise Timer by PRESSING the START/STOP key. When Exercise Timer is activated, "CALO" will flash in upper left corner of the display. When Exercise Timer is stopped, "CALO" display will not flash.

NOTE: If Alert is ON, watch will BEEP if no motion is detected or 30 seconds.

- Reset Exercise Time and Calories Burned by PRESSING & HOLDING the SPLIT/RESET key with the Exercise Timer stopped.



OPERATING THE COUNTDOWN TIMER

The Sportline Calorie Tracking Fitness Watch is equipped with a 100-hour Countdown Timer with 1-second resolution.

- With Timer set to desired time (see page 11 "Setting the Countdown Timer"), START or STOP the Countdown Timer by PRESSING the START/STOP key.
- RESET Timer by PRESSING the SPLIT/RESET key with the Timer stopped.

TIP: You may access the Countdown Timer Setting Programming Sequence by Pressing & Holding the Mode key in Timer mode with the Timer stopped.



OPERATING THE WATCH

OPERATING THE CHRONOGRAPH

The Sportline Calorie Tracking Fitness Watch is equipped with a 100-hour Chronograph with 1/100-second resolution.

NOTE: Chronograph operates totally independent of Exercise Timer in Calorie mode and will not influence Calorie Tracking.

- START or STOP the Chronograph by PRESSING the START/STOP key.
- To View a SPLIT, press the SPLIT/RESET key. SPLIT TIME will display for approximately 10 seconds then the Chronograph will automatically return to running time.
- RESET the Chronograph by PRESSING the SPLIT/RESET key with the Chronograph stopped.



OPERATING THE EL BACKLIGHT SYSTEM

The Sportline Calorie Tracking Fitness Watch is equipped with an Electroluminescent (EL) Backlight system for viewing the display in low light conditions.

PRESS the LIGHT key at any time to illuminate the display.

NOTE: excessive use of the Backlight system will significantly reduce battery life.

REPLACING THE BATTERY

The Sportline Calorie Tracking Fitness Watch uses a single CR1620 battery for the smaller model (model # 4776) and a single CR2032 for the larger model (model # 4914).

Battery replacement will be required from time to time, and should occur when:

- The display fades in part or completely
- The heart rate or pedometer function will not activate

To replace the battery of your Sportline Calorie Tracking Fitness Watch, we recommend you take it to a watch repair service center or certified jeweler. This will ensure that the water resistance will be retained after battery replacement.

CUSTOMER SUPPORT

If you have questions, comments or need assistance with your Calorie Tracking Fitness Watch, you may contact Customer Support by calling 1-800-338-6337.

RANGES & SPECIFICATIONS

TIME

- AM, PM, hour, minute, second
- 12/24 hour format
- Calendar: month, date, day display with auto leap year adjustment
- Auto Calendar Range: 2000-2099

ALARM

- 2 Daily alarms
- Alarm duration: 30 seconds

COUNTDOWN TIMER

- Resolution: 1 second
- Measuring Range: 99 hours, 59 minutes, 59.99 seconds

CHRONOGRAPH

- Resolution: 1/100 second
- Measuring range: 99 hours, 59 minutes, 59.99 seconds
- Split times display

PACE ALERT

- Range: 30-170 per minute

CALORIE

- 8 pre programmed activity levels, 3 user-defined activity levels
- Weight setting range: 44-440 lbs (20-200 kg)
- Exercise Timer Resolution: 1-second
- Exercise Timer Range: 9 hours, 59 minutes, 59 seconds
- Calorie Tracking Range: 0-9999

OTHER

- Electroluminescent (EL) backlight
- Water resistant up to 50 meters
- Battery:
 - CR 1620 (model # 4776)
 - CR 2032 (model # 4914)

WARRANTY

GUARANTEE CERTIFICATE - FOR PURCHASES MADE IN THE U.S.

If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to: EB SPORT GROUP, 585 Oak Ridge Road, Hazleton, PA 18202. Complete this Guarantee Certificate and enclose it (for a copy of it) with the product.

(PLEASE PRINT CLEARLY)

NAME	TEL	STORE PURCHASED FROM
ADDRESS		DATE OF PURCHASE
CITY		PURCHASE PRICE
STATE	ZIP	
PROBLEM WITH PRODUCT		

REPLACEMENT

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.) ©2008 Distributed by Sportline®, Hazleton, PA 18202

FOR PURCHASES MADE IN THE UK:

Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement. StarCase (UK) Ltd, Berkeley Business Park, Wainwright Road, Worcester WR14 9FA www.sportline.com Distributed in the UK by StarCase (UK) Ltd., Worcester WR4 5FA